



March 2010

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Sully District e-Newsletter

Free Parent Programs in Centreville/Chantilly

The entire surrounding community is welcome to attend the following two events at Centreville and Westfield High Schools:

Reaching Out: To Protect Your Child from the Realities of Substance Abuse

**When: Monday, March 15, 2010
7-8:30 p.m.**

Where: Centreville High School Auditorium

Please join Centreville HS Principal Mike Campbell as he leads a panel discussion with youth in recovery, parents affected by their child's substance abuse, Centreville HS Student Assistant Professional from Alcohol and Drug Services and Centreville Student Resource Officer from Fairfax County Police. Become aware of the red flags, signs and symptoms of substance abuse, actions you can take, and available resources. Questions? Contact Jennifer Cooper at JALCooper@aol.com or Burnette Scarboro at bscarboro@fcps.edu Free!

"Saturday Night in the Suburbs" is Back!

Find out from a panel of our own students what is really going on!

When: Thursday, March 18, 2010 at 7:00 p.m.

Where: Westfield High School, Lecture Hall

What: For adults, an evening of dialogue with a panel of senior students to discuss drugs, alcohol, parties, driving, sexting, Facebook, and communication between teens and parents. The panel will be

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moderated by a representative from Safe and Drug Free and stats from the Fairfax County Youth Survey will be added in. This free program has been well received the past 5 years by high school and middle school parents and is being brought back by popular demand. Join us for an “eye-opening” and honest discussion. Even if you think your teen is behaving, come out and hear what pressures your child has or will have to deal with and what others are involved in! Knowledge is power, and prevention starts early...Questions? Contact Jennifer Cooper at JALCooper@aol.com or Jennifer Campbell at JCambellpta@aol.com . Free!

**Fairfax County Presents:
Free Seminars for Family Caregivers from March through May**

Fairfax County's *Free Seminars for Family Caregivers* series offers 11 events this spring to help family caregivers of older adults and adults with disabilities throughout the county. Speakers include experts in law, insurance, care management, finances and community resources.

New this spring is a seminar on supporting caregivers of veterans scheduled for March 25. People are welcome to attend one or all of the seminars. For more information, to register, or to request reasonable accommodations go to www.fairfaxcounty.gov/dfs/olderadultservices and link to *Events*, e-mail caregiver@fairfaxcounty.gov or call 703-324-5205, TTY 703-449-1186.

Understanding Medicare, Medigap and Medicare Part D

Learn the facts about health insurance for older adults.

Tuesday, March 16, 7-9:00 p.m.

West Springfield Government Center
6140 Rolling Road
Springfield, VA 22152

Caregiving 101

Learn about resources and get useful information to help you begin the caregiver journey.

Tuesday, March 23, 7-9:00 p.m.

Hollin Hall Senior Center
1500 Shenandoah Road
Alexandria, VA 22308

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Supporting Caregivers of Veterans

Find information on resources available to veterans and their caregivers.

Thursday, March 25, 7-9:00 p.m.

Hollin Hall Senior Center

1500 Shenandoah Road

Alexandria, VA 22308

Directions: 703-765-4573

Making Life Easier: Gadgets, Gizmos and Home Modifications

Learn about home modifications and inexpensive devices that can help your loved one maintain independence.

Wednesday April 7, 1-3:00 p.m.

Oakton Library

10304 Lynnhaven Place

Oakton, VA 22124

Navigating the Medicaid Maze: Waivers, Eligibility and Documentation

The costs of long-term care can quickly drain even a substantial savings account. Learn about Medicaid's eligibility criteria, screening process, required documentation, and Medicaid's home-based and nursing home care.

Thursday, April 8, 7 – 9:00 p.m.

West Springfield Government Center

6140 Rolling Road

Springfield, VA 22152

Directions: 703-451-8873

Legal Tools for Caregivers

Family caregiver may need to make legal and health care decisions for a loved one. Learn about legal tools that can help ensure your loved one's wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives.

Tuesday, April 20, 7–9:00 p.m.

Mason Governmental Center

6507 Columbia Pike

Annandale, VA 22003

Stages of Alzheimer's Disease

While each individual's journey with Alzheimer's disease is unique, there are common markers along the way. Learn what to expect as the disease progresses and how to adapt to the changing needs of your loved one and family.

Thursday, April 29, 1–3:00 p.m.



Alzheimer's Family Day Center
2812 Old Lee Highway
Fairfax, VA 22031

Financial Issues for Caregivers

Professional long-term care is expensive and can deplete assets quickly. Get in-depth information on how to maximize your resources, stretch financial assets and avoid common money mistakes that caregivers make.

Thursday, April 29, 7-9:00 p.m.

Mason Governmental Center
6507 Columbia Pike
Annandale, VA 22003

Behavior as Communication in Alzheimer's Disease

People with Alzheimer's disease often communicate through behavior. It is sometimes difficult for caregivers to understand this communication. Learn how to improve communication with a person who has Alzheimer's disease and how to anticipate and minimize troubling behaviors.

Wednesday, May 5, 7 – 9:00 p.m.

Herndon Senior Center
873 Grace Street
Herndon, VA 20171

When Do I Step In?

Deciding when and how to help an older adult can be a difficult decision. Common concerns include driving, safety, health, and finances. Learn how and when to step in and how to find help assigning financial and medical oversight to a more competent relative at the appropriate time.

Thursday, May 6, 7-9:00 p.m.

Sully Governmental Center
4900 Stonecroft Blvd.
Chantilly, VA 20151

Managing Care for a Difficult Older Adult

Helping a loved one can involve challenging personalities and behaviors as well as relationship issues. Learn strategies to deal with these factors as you provide the best care possible.

Wednesday, May 12, 7–9:00 p.m.

Little River Glen Senior Center
4001 Barker Court
Fairfax, VA 22032

The spring *Free Seminars for Family Caregivers* series implements the [Fairfax 50+ Action Plan](#) directive to “support caregivers so that they can continue giving.”

For more information on services for older adults, go to www.fairfaxcounty.gov/dfs/olderadultservices.

The series is sponsored by the Fairfax County Department of Family Services’ Fairfax Area Agency on Aging, Community and Recreation Services, Health Department, Library, Fairfax Long-Term Care Coordinating Council, AARP Virginia, Alzheimer’s Association, Alzheimer’s Family Day Center, ElderLink, Shepherd’s Center of Oakton-Vienna, and Thomas West Financial Services. The program receives funding from the National Family Caregiver Support Program.

2010 Census Jobs

The U.S. Census Bureau is recruiting temporary, part-time census takers for the 2010 Census. These short-term jobs offer good pay, flexible hours, paid training, and reimbursement for authorized work-related expenses, such as mileage incurred while conducting census work. Best of all, census takers work right in their own communities.

Census taker jobs are excellent for people who want to work part-time, those who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community. To apply, call 1-866-861-2010.



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